

How to Use This Guide

Welcome to this new discussion guide from the National Diabetes Education Program (NDEP). This guide was developed to expand on themes and educational opportunities brought out in *The Debilitator*, a public television docudrama developed by independent film company Millennium Filmworks.

This film and discussion guide focus on an often overlooked aspect of diabetes—the impact that emotions can have on how people give and receive information about diabetes, whether they seek help, and, ultimately, what influences them to take action to control or prevent diabetes. Our experience participating in pilot test screenings of the film *The Debilitator* has told us that people want to talk about it afterward: about their personal experiences and the emotions that accompany living with diabetes. This guide is intended to help facilitate the discussion by providing stimulus questions, group and individual exercises, and role-playing experiences.

The material in this discussion guide is divided into 13 modules to be used by facilitators in leading sessions on topics drawn from *The Debilitator*. This film is about Calvin Dixon, an African American man with neglected diabetes who dreams that he dies of a heart attack. The dream prompts him to share his fears with his family and to accept their help in taking action to control his diabetes.

The modules for the sessions, all formatted in the same manner, include background information, learning objectives, materials needed, suggestions for stimulation questions, and points to bring out in the discussion. An estimated time is given, but only for the discussion. An additional 30 minutes is needed for watching the film. Many modules contain classroom and homework exercises, and some include optional activities. You may choose among these activities based on the interests of the group, the amount of time that you have, and your expertise as a discussion leader. Some handouts for the sessions are included in this discussion guide kit and may


The Missouri Diabetes Prevention and Control Program is providing copies of most of the handouts referenced in this guide. They can be found in the Handouts section at the end of this guide.

be photocopied for participants; others must be ordered from the NDEP ahead of time or downloaded from the Internet at <http://www.ndep.nih.gov>


Each module is designed to stand alone. You can use any one of the modules if you are meeting with a group only once, or you can use the modules as a series if you are meeting several times with the same group. The overview session is designed to bring out facts about diabetes and to probe emotions evoked by viewing *The Debilitator*. The session is “scripted”; that is, it contains detailed notes on what you can say to the group to facilitate discussion. You may want to use that module if you are meeting on a one-time basis with a group and the participants don’t know each other. The other modules in the guide focus more closely on specific scenes in the film and can be used in a support group, in an educational meeting, or in any other group that is meeting more than once. Those modules assume that the group members have already met together at least once. They are not as heavily scripted as the overview session, but they all include points that we suggest you bring out during the discussion.


Key to Icons Used in This Guide

- See how you can borrow *The Debilitator* film.


 DVD

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1. Play film, or replay scene in film.
***The Debilitator* film can be borrowed through the Missouri Department of Health and Senior Services Audio Visual Program. The film is available in VHS (#VH004878) or DVD (#DV0007) format. See pages 119-120 for a request form and instructions for requesting the film. Since the film is needed for several sessions of this guide, the film can be borrowed for up to three months, and can be renewed for another three months if needed for a longer period of time.**
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2. Distribute/review handout(s).
The Missouri Diabetes Prevention and Control Program is providing copies of most of the handouts referenced in this guide. They can be found in the Handouts section at the end of this guide.
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3. Make sure the following points are brought out in the discussion.



4. Be alert to a sensitive topic (e.g., spirituality, discussion of emotions).



5. Time needed for discussion.



6. Classroom exercise or activity.



7. Homework exercise/home exercise.

Only the final module requires special medical training, and any factual information about diabetes that you may need is included in the handouts. However, the NDEP strongly encourages inviting a medical person (health care provider or certified diabetes educator) to participate in any sessions that you conduct to provide support for the discussion and to answer any specific medical questions that may arise. The final module is designed specifically to be used to lead a session for health care providers. We recommend that this session be facilitated by a health care provider who is currently involved in clinical care.

Also contained in this guide are a group of frequently asked questions and their answers, a section on troubleshooting to help you handle unexpected situations during the sessions, a list of suggestions for creating your own

panel discussion, a References and Resources section, a form for ordering NDEP materials, and a list of state-based programs to prevent and control diabetes.

Please submit questions or comments about this guide to Dr. Jane Kelly, director of the National Diabetes Education Program (NDEP), Centers for Disease Control and Prevention (CDC), at jkelly@cdc.gov, or fax 770-488-5195.

THANK YOU